

# Stepping Out



## SERVING SIZE/GRADE GROUP

**Objective:** To understand the importance of adjusting and recording portion size for various grade groups.

1. Review the menu on November 6, 1996 planned for all students in Steps County.  
(11-6-96-MENU h)

### COUNTY MENU

Taco Pie  
Spanish Rice  
Corn on the Cob  
Broccoli Salad  
Milk  
Whole Wheat Sugar Cookies

### SERVING SIZE

7 1/4 Ounces  
1/2 Cup  
1 Each  
1/2 Cup  
Half Pint  
2 Cookies

2. Record nutrient data for the above county planned menu in the chart below.

	County Menu Nutrients	K-6 Target	7-12 Targets	K-3 (Optional)
Calories	1033.00	664.400	825.00	633.50
Cholesterol (mg)	73.00	0.000	0.00	0.00
Sodium (mg)	1774.00	1100.000	1100.00	1100.00
Protein (g)	42.80	9.770	16.20	8.65
Fiber (g)	11.90	6.000	6.00	6.00
Iron (mg)	8.84	3.470	4.50	3.30
Calcium (mg)	568.90	286.000	400.00	267.00
Vitamin A (RE)	527.00	223.710	300.00	200.00
Vitamin C (mg)	91.80	15.240	18.35	15.00

3. Compare the nutrient data for the county planned menu to targets for various grade groups.

# Stepping Out



1. Why is varying serving sizes important? \_\_\_\_\_  
\_\_\_\_\_
2. Who determines the serving sizes in your school kitchen? \_\_\_\_\_  
\_\_\_\_\_
3. What are you doing in your kitchen to be sure that students are receiving appropriate serving sizes? \_\_\_\_\_  
\_\_\_\_\_